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Monday, January 9, 2012
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News worth sharing.

THE LIGHTS SHINE ON

PREMIERE WEEK!

IT ALL STARTS TONIGHT



mr. d

8pm



**Little Mosque
on the Prairie 8:30pm**



Redemption Inc.
with Kevin O'Leary **9pm**



CBC

cbc.ca/seasonpreview

THIS WINTER'S LOOKING WHITE HOT.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 pm	CBC News at 6 Following CBC News at 5 & 5:30					The National	Wonderful World of Disney starts at 5pm
6:30 pm	CORONATION ST.					Scotiabank Hockey Tonight	
7:00 pm							
7:30 pm	JEOPARDY!						HEARTLAND
8:00 pm	NEW SERIES mr.d	Rick Mercer Report			Marketplace	 Game 1	Movies & Specials
8:30 pm	Little Mosque on the Prairie	22 MINUTES	THE FIFTH ESTATE	The Nature of Things	Rick Mercer Report (Encore)		
9:00 pm	NEW SERIES	NEW SERIES			the fifth estate		
9:30 pm	REDEMPTION INC. with Kevin O'Leary	ARCTIC AIR	REPUBLIC OF DOYLE	Doc Zone			
10:00 pm	 The National with Peter Mansbridge					CBC'S HOCKEY NIGHT IN CANADA Game 2	The National
10:30 pm							
11:05 pm	CBC News Late Night  George Stroumbouloupoulos Tonight						the fifth estate (Encore)



CBC

cbc.ca/seasonpreview



HEARTY LUNCH
SPICY DRESSING
ADDS ZEST TO TUNA
AND GREENS {page 16}

ANXIETY

HOW KEIRA OVERCAME HER STAGE FRIGHT {page 12}



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**3 NIGHT 2 DAY
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p. Paul Morrison



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It's time to pipe up

► Enbridge pipeline hearings loom ► Government's mind already made up: Greenpeace

Thousands of groups and individuals are ready to have their say as the federal public hearings into Enbridge's proposed Northern Gateway oil pipeline project get underway Tuesday.

The \$5.5-billion project, linking the Alberta oilsands to a proposed super-tanker port in Kitimat, could be the largest private infrastructure project in the province's history and, because of environmental concerns, perhaps its most feared.

Many local residents, aboriginal groups and environmental organizations fiercely oppose the pipeline, while the federal government has recently spoken in favour of the project and its potential economic impact.

Now is the time for opponents to speak up, said Douglas Channel Group's Dieter Wagner.

"What other choice do we really have?" said Wagner of speaking at the hearings Tuesday.

Wagner, who believes the shipping routes around Kitimat are unsafe for super tankers and could lead to a massive oil spill, worries the deck is stacked.

"The government said it will respect the (hearings') decision, but we're worried about them pushing a cabinet decision that



► Protesters load a giant piece of pipeline with their placards following a protest outside the Vancouver Art Gallery in August.

overrules it. I hope they're trying to be fair about it."

Groups are right to be skeptical, according to Greenpeace climate and energy campaigner Keith Stewart.

"In the 20 years I've been involved in politics, I have never seen the government come out and say, 'We think this is in the national interest' before the hear-

ings that are supposed to determine whether it is or not," Stewart said. "The government has clearly made up their mind."

Enbridge estimates the project will create about 1,150 jobs.

"Single-handedly, (Northern Gateway) would add about \$270 billion to the Canadian gross domestic product," said Enbridge spokesperson Paul Stanway. "You

can buy a lot of hospitals and schools with that kind of money."

The hearings begin in Kitimaat Village Tuesday and will travel around B.C. and Alberta over the next 18 months.

More than 4,500 individuals and groups have registered to speak.

● MATT KIELTYKA/
WITH FILES FROM THE CANADIAN PRESS

Local

Undies parade on SkyTrain

► Participants go
pantless for cheeky
ride starting at
Broadway station
{page 3}

Tebow stuns Steelers

Denver
knocks out
Pittsburgh in
overtime of
AFC wild-card
game {page 18}



Get off that couch

Trainer gives tips to get
your kids moving this
year {page 15}

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Friends remember murdered student

Friends of a University of B.C. student killed in Mexico gathered Saturday to celebrate her life in a pair of memorial services thousands of kilometres apart.

Ceremonies honouring Ximena Osegueda were planned in Mexico City and Montreal, where she lived while studying at McGill University.

"It will be a day of celebration in memory of that brilliant smile, that fiery energy, that piercing voice, that friend who was always there," a friend wrote in French on a Facebook page for the Montreal event.



► Ximena Osegueda

Organizers of the afternoon memorial said they would pay their respects to Osegueda

through Brazilian dance, which she practised and taught. She was also a yoga instructor.

The bodies of Osegueda and her boyfriend, Alejandro Santamaria, were discovered partially buried on a beach in Huatulco, south of Acapulco, by the woman's relatives.

Both had been stabbed in the neck and set on fire, according to Mexican officials.

Osegueda's colleagues at UBC expect a memorial will be held in Vancouver, as well.

THE CANADIAN PRESS



► Participants in the No Pants SkyTrain Ride walk through Granville SkyTrain Station on Sunday.

No pants? No problem

► People shed their clothing and their inhibitions for unique ride on Vancouver trains ► Part of a global event in 36 cities around the world



JENNIFER KWOK
VANCOUVER@METRONWS.CA

Vancouver transit was literally flashed by a mob during the annual No Pants SkyTrain Ride event Sunday.

Hosted by Improv Everywhere, the global event was held in dozens of cities. Participants took off their pants and acted as they normally would. It's the third year the

event has been held in Vancouver.

"The reason why we do this is to be a source of inspiration," said the improv host Laurent Piche. "Every day you see people riding the SkyTrain, and there is no interaction. So why not mix it up by doing something that will get people off guard and in their faces?"

The mob gathered at Broadway station midday

to receive instructions. Participants with creative outfits and props filled the trains to Waterfront and transferred onto the Canada Line. The group got off at Vancouver City Centre and paraded down Granville Street before hopping back on the SkyTrain to Metrotown and then returning to their starting point.

Shannon Fox, a participant, said that there were

lots more participants this year.

"We have about a hundred this year. There were only 20 to 30 people last year."

"At first I thought it would be awkward," said a man who did not wish to be named, "but it turned out to be really fun."

Participants found out about the event through Facebook and Twitter.

1

news


Britain's government is looking to empower firms' shareholders to veto executive pay packages. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at
metronews.ca

Hundreds of loved ones gather on the deck of HMCS Charlottetown to bid farewell to sailors bound for the Mediterranean Sea. Watch at metronews.ca/video

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Fish-farm opponent readies for court battle

► Outspoken criticism has earned him appearance at Supreme Court of B.C. on Jan. 16 ► Mainstream Canada alleges he defamed the company

DARRYL DYCK/THE CANADIAN PRESS



► Don Staniford of The Global Alliance Against Industrial Aquaculture poses for a photograph in Vancouver Saturday.

Don Staniford says he's never had a fist fight — not even during his most ferocious action as a rugby player in high school or as a soccer player at university in the United Kingdom.

Change the subject to B.C.'s salmon-farming industry, though, and the British-born activist with long, curly hair is more than willing to take on the world's largest salmon-farming companies in the ring of public opinion.

At the Supreme Court of B.C. on Jan. 16, he must defend himself against allegations from Mainstream Canada, the province's second-largest salmon-farming company, that he defamed the organization.

"It's obviously gearing up for a fight. It's not a physical fight but it's a mental fight." DON STANIFORD

The case could cost him \$125,000 if he loses.

The defamation case is the second Staniford has faced in the province since 2005 and the third major legal fight of his 18-year international campaigning career.

"It's definitely a stressful situation," said Staniford, who is a native of Merseyside, England, near Liverpool.

According to court documents, the case focuses on anti-salmon-farming campaigns Staniford initiated on or about Jan. 31, 2011.

In the documents, Mainstream Canada's lawyer David Wotherspoon alleges Staniford disseminated and published defamatory and false statements about the company under three titles: "The Salmon Farming Kills Campaign," the "Silent Spring of the Sea," and "Smoke on the Water, Cancer on the Coast."

The company's amended notice of civil claim includes published graphics that look like cigarette packages and include warnings like "Salmon Farming Kills Like Smoking."

The company argues Staniford also wants to frustrate the World Wildlife Fund's pending certification scheme for farmed salmon. The documents state that when the company's lawyers demanded Staniford cease and desist and retract his comments publicly, he responded one minute past the deadline and with another cigarette-like-package graphic that read "Norwegian Owned" and included an image of a raised middle finger and words "Salmon Farming."

Mainstream Canada produces 25,000 tonnes of fish in B.C. every year and is a subsidiary of the Norwegian company Cermaq.

THE CANADIAN PRESS

Extradition could be tough: Observer

The arrest of two Canadian residents in the killing of a B.C. woman in India 11 years ago is being hailed as a significant development, but a longtime observer of the case says extraditing the new suspects to the country where the crime was committed will likely be a long, difficult process.

The RCMP announced Friday they had arrested the mother and uncle of Jaswinder Kaur Sidhu, who was 25 when she was killed on June 8, 2000. Malkit Kaur Sidhu, 63, and Surjit Singh Badesha, 67, both of Maple Ridge, B.C., were taken into custody under the Extradition Act this week.

Jaswinder Sidhu's husband Sukwinder Singh Sid-

hu, was seriously injured in the attack which resulted in his wife's death. The couple had been secretly married against her family's wishes in April 1999.

Vancouver-based author, filmmaker and journalist Fabian Dawson has tracked the case for years and thinks much of the investigation will be based on evidence collected in India.

"It's going to be one of the most difficult cases to extradite given that the evidence collected in India needs to be tested in the B.C. courts before Canada extradites the mother and the uncle," said Dawson, who co-authored the book Justice for Jassi and runs a website by the same name.

THE CANADIAN PRESS

STANLEY CUP AFTERMATH

Rioter pleads guilty

A Coquitlam man has become the first person to plead guilty to charges laid in the Stanley Cup riot in Vancouver last June.

Twenty-year-old Ryan Dickinson has admitted

to participating in a riot and breaching the conditions of his release in a previous assault case.

Dickinson, who vandalized a car during the riot, will face a sentencing hearing on Feb. 7.

He's among 28 people who have been charged in the riot so far, but Vancouver police have recommended charges against dozens more, and say hundreds could eventually face charges. THE CANADIAN PRESS

Five years for fatal stabbing

A five-year prison term has been handed to a 24-year-old man in a fatal stabbing in Abbotsford, B.C. four years ago.

Amrit Gill was convicted of manslaughter in the death of 18-year-old Harvey Hans, who was found slashed in the throat outside his home in 2008.

Gill and another man, Shavinder Brar, attacked Hans after the victim had been involved in a fight with Brar's younger brother.

THE CANADIAN PRESS

Money for cop hurt in hit-and-run

A Vancouver police officer has been awarded more than \$100,000 in damages for injuries he suffered in a 2007 hit-and-run.

Supreme Court of B.C. Judge Victoria Gray has ordered the Insurance Corporation of B.C. to pay Mike Loeppky \$100,252 for non-pecuniary damages, past lost wages, future lost earnings, special damages and future care.

Loeppky was a passenger in a marked police vehicle that was struck by a speeding van.

THE CANADIAN PRESS

Officers mourn veteran police dog

A West Vancouver police dog that collapsed after a training exercise died Thursday from what is believed to have been a heart attack.

Five-year-old police serv-

ice dog Mike and partner Const. Jeff Wood had participated in more than 75 investigations as well as many school and public events.

Recently, he tracked

down suspects in a local business theft.

Mike was rushed to the emergency hospital after the collapse. A vet tried unsuccessfully to revive him.

JENNIFER KWOK



► Mike the service dog

COURTESY OF WVPD

Hundreds of well-wishers gathered on the deck of HMCS Charlottetown on Sunday to bid farewell to sailors bound for the Mediterranean. The frigate, carrying some 250 sailors, left under sunny skies to take part in Operation Active Endeavour, a six-month NATO counterterrorism mission. The Charlottetown will be tracking, boarding and reporting on ships believed to be involved in terrorism. The operation was launched in October 2001 in response to the Sept. 11 attacks.

Anchors. Aweigh



► Sailors aboard HMCS Charlottetown wave to their friends and family as they leave Halifax for the Mediterranean Sea on Sunday morning.

RYAN TAPLIN/METRO

HMCS Charlottetown on counterterrorism duty

'They killed my baby': Mom of man beaten in Grenada

► More details emerge about death of Oscar Bartholomew at Grenada police station ► Family, friends prepare for his funeral on Monday

In the end, it may be that one of Oscar Bartholomew's trademark bear hugs sparked the tragic chain of events that led to his beating death in a police station in St. David's, Grenada.

While much remains to come out about what happened, the Canadian Press, based on several interviews, has pieced together an account of what some say led to the death of the visitor from Canada.

"They beat my child to death," Andrianne Bartholomew, his grieving mother, said Saturday. "They killed my baby, my last baby. They killed him."

Bartholomew, 39, a native Grenadian who lived in Toronto, and his wife of 10 years, Dolette Cyr

Bartholomew, of Cascadia-St. Jules, Que., were visiting over the holidays. While driving on Boxing Day, Cyr Bartholomew needed to use a washroom, and the couple stopped at the St. David's police station, where she went inside to use the facilities.

Thinking he recognized a uniformed policewoman as a friend, Bartholomew got out of his car and grabbed her from behind in an exuberant embrace, witnesses said.

"He was always loving to his people," his mother, 71, said of the youngest of her four children. "Whenever he meet his people, he always hugged them and give them a cheer."

Some said the officer yelled out she was being



► Andrianne Bartholomew says her son was a "quiet, loving person."

raped. Defence lawyer Anslem Clouden, who represents one of the accused officers, said the officer "cried out for help."

At that point, a colleague in a parked police car came to her assistance. A second officer soon came running from the station to help.

Police say Bartholomew

tried to kick the officers and resisted them. "Tempers flared on all sides," Clouden said.

Three other officers joined the fray and held him down as they struggled to handcuff him. A senior officer ordered a junior to use his belt to tie Bartholomew's feet together because he was kicking out, the lawyer said, citing witness statements.

Within minutes, Bartholomew was in a coma and lay dying.

Cyr Bartholomew, who did not see much of what happened to her husband, refused to discuss the matter Saturday as she prepared for his funeral, to be held Monday.

"It's a very bad time," she said. **THE CANADIAN PRESS**

News in pictures

PHOTOS
1. JEROME DELAY/THE ASSOCIATED PRESS
2. JOHN RAOUX/THE ASSOCIATED PRESS FILE
3. MATT YORK/THE ASSOCIATED PRESS
4. CHERYL EVANS/THE ARIZONA REPUBLIC/THE ASSOCIATED PRESS



1 Tens of thousands of South Africans wave the colours of the African National Congress on its 100th anniversary on Sunday. Absent because of his frailty was Nelson Mandela, the nation's first black president and longtime leader of the anti-apartheid movement. **THE ASSOCIATED PRESS**

2 British astrophysicist Stephen Hawking turned 70 on Sunday. Hawking, who suffers from motor neuron disease, was not well enough to attend a cosmology conference held in his honour at Cambridge University. **THE ASSOCIATED PRESS**

3 Catherine Middleton, the Duchess of Cambridge, turns 30 on Monday, but royalty buffs expecting a lavish party will be disappointed. Palace officials said the duchess will mark the personal milestone with a "low-key and private" affair. **THE ASSOCIATED PRESS**

4 Ina Menzl hugs her daughter, Rebecca Kraft, 4, on Sunday outside the Tucson, Ariz., Safeway store where Congresswoman Gabrielle Giffords was shot a year ago during a shooting spree that left six dead and 13 wounded, including Giffords. **THE ASSOCIATED PRESS**

Canada Day party to commemorate War of 1812: Documents

The federal government has hired a consultant to inject a little war into this year's Canada Day bash on Parliament Hill.

Paul Shaw, a Toronto theatre producer, has been asked to find ways to insert a War of 1812 theme into the festivities that typically include pop music, dance

and fireworks.

"I do big-ass special events all the time, so they asked me to do that," Shaw said. "It's sort of tricky to do a War of 1812 theme when you've got so many modern things in and around it."

The Conservatives, who have been promoting Canada's military heritage, have



► Re-enactors dressed as British soldiers fire their muskets at American forces during a 2007 restaging of a War of 1812 skirmish west of London.

earmarked money throughout the year to note the bicentennial of the War of 1812 in North America.

The Canadian Heritage Department normally injects patriotic themes into the Canada Day noontime show on Parliament Hill, giving the National Capital Commission a free hand to

organize the evening show.

But a recently posted tender document shows that the war theme will appear in both shows. "In 2012, the Government of Canada is commemorating the War of 1812 and this theme must be incorporated in both the noon and evening shows," it says. **THE CANADIAN PRESS**

Iran vows to cut 'strait' to heart of oil flow

► Leadership has made strategic decision to close Strait of Hormuz should Iran's exports be blocked, official says

Iran has begun uranium enrichment at a new underground site built to withstand possible airstrikes, a leading hard-line newspaper reported Sunday in another show of defiance against Western pressure to rein in Tehran's nuclear program.

The operations at the bunker-like facility south of Tehran, reported by the Kayhan daily newspaper, are small in comparison to Iran's main enrichment site. But the centrifuges at the underground labs are considered more efficient and are shielded from aerial surveillance and protected against airstrikes by up to 90 metres of mountain

rock.

Uranium enrichment is at the core of the international standoff over Iran's nuclear program. The U.S. and its allies fear Iran could use its enrichment facilities to develop high-grade nuclear material for warheads.

Iran has sharply increased its threats and military posturing against stronger pressures.

A senior commander of the Revolutionary Guard force was quoted as saying Tehran's leadership has decided to order the closure of the Strait of Hormuz, a strategic oil route, if the country's petroleum exports are blocked.

THE ASSOCIATED PRESS

Nuclear sanctions

- The latest statements are certain to ramp up tensions with the U.S. and its allies, which are trying to increase pressure on Iran to punish it for its nuclear program.
- For the moment, however, U.S. officials are seeking stronger diplomatic and economic pressure on Iran.
- In an interview broadcast Sunday, U.S. Defence Secretary Leon Panetta reiterated U.S. concerns about a unilateral strike by Israel against Iran's nuclear facilities, saying the action could trigger Iranian retaliation against U.S. forces in the region.

Eco. Disaster



► The stranded cargo ship Rena breaks in two pieces on Sunday after overnight storms with six-metre waves pounded the vessel off Tauranga Harbour, New Zealand.

MARITIME NEW ZEALAND/THE ASSOCIATED PRESS

Pouring oil into troubled waters

The Greek-owned cargo ship Rena ran aground on Astrolabe Reef, 22 kilometres from Tauranga Harbour, New Zealand, on Oct. 5, spewing heavy fuel oil into the seas in what has been described as the nation's worst maritime environmental disaster.

Mitt takes hits in U.S. primary debate

Republican presidential hopefuls squared off again Sunday in yet another debate, the second New Hampshire showdown in less than 24 hours ahead of the state primary Tuesday — and

this time front-runner Mitt Romney was on the hot seat.

Unlike the debate a night earlier, essentially a bitter battle for second place, the candidates directed most of their fire at

Romney, who's expected to coast easily to victory in New Hampshire's first-in-the-nation primary but will face far more socially conservative voters in South Carolina in two weeks. THE CANADIAN PRESS

Kim Jong-un 'well versed in military tactics'

North Korea's new leader vowed in 2009 to wage war if the country's enemies shot down its long-range rocket, footage aired on state television showed Sunday in the first official word of his role in military operations before his father's death.

The documentary is the second in a week seeking to highlight Kim Jong-un's experience in leading North Korea's 1.2-million-strong military and was aimed at

showing that he was in charge of the armed forces long before his father, former leader Kim Jong-il, died of a heart attack last month.

The son, who is in his late 20s, has moved swiftly into the role of "supreme leader" of the people, the ruling Workers' Party and the military despite questions abroad about how easily he could assume power with only a few years of grooming behind



KRT VIA AP/THE ASSOCIATED PRESS

► Kim Jong-un appears in a military vehicle at an undisclosed place in North Korea, in an undated image from a video that aired Sunday.

him. Kim Jong-il, in contrast, had 20 years of training when his father, North Korea founder Kim Il-sung, died of a heart attack in 1994.

The video showed Kim Jong-un shaking hands with officials at a satellite control centre after scientists launched a rocket in April 2009 that stoked regional tensions and earned North Korea international sanctions and condemnation. THE ASSOCIATED PRESS

Third Kim to lead

- The video also showed Kim Jong-un navigating a tank, and observing fighter jets and firing exercises. He is shown seated in the tank's cockpit and speaking to officers with the hatch cover open. He later drove it on a snow-covered road as his father watched from a reviewing stand.
- For two years, North Koreans were told that Kim Jong-un was a military genius, Pyongyang residents have told The Associated Press.

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Twilight, The Hunger Games under one roof?

► Deal would be worth \$400 million US in cash and stock ► Studio would be among largest in Hollywood

Lions Gate is close to buying Summit Entertainment, the maker of the teen hit Twilight series.

That's according to two people Sunday who were briefed on the matter. They were not authorized to speak publicly and requested anonymity.

Talks on a deal are in the late stages and could be finalized this week. Summit also has about \$300 million US in debt linked to its movies. That debt is expected to be paid off quickly, especially after the last movie in the series, The Twilight Saga: Breaking Dawn Part 2, hits theatres in November.

The Hollywood blog Deadline reported the news earlier.

The deal would bring together Twilight and another

expected popular teen series The Hunger Games, which Lions Gate is set to release in March. Like the vampire series that has attracted young audiences in hordes worldwide, The Hunger Games is being propelled by a hugely popular series of novels, these ones written by Suzanne Collins.

The pairing would give Lions Gate added strength in international distribution, enlarge its library of older movies to sell to home video and TV channels and allow it to add Summit's cash immediately to its books. It can also amortize the cost of the deal over time.

For Summit's owners, the deal represents another big payout following a special dividend of around

Market moment

TSX	Dollar
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Oil	Natural gas
- 25¢ US (\$101.56 US)	\$3.06 US (+ 8¢ US)
	Gold
	\$1,616.80 US (- \$1.30 US)

\$200 million that accompanied a \$750-million refinancing in March 2011.

Both studios are based in Santa Monica, Calif.

THE ASSOCIATED PRESS

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A CURE FOR WELFARE CYNICISM?

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line of media cameras.

The only thing missing is the pith helmet and Dr. Livingstone.

His every experience is breathlessly documented by the team of reporters following in his wake.

A Surrey shelter only has one bathroom for 50 people. Ooooh.

After rent, transit passes and his cellphone, he is left with 30 bucks a week for groceries. Another collective media gasp.

You might argue this is the smartest political move he's ever made. Here's a guy who's been elected three times and the first thing that came to mind when he announced he was taking the MLA Welfare Challenge from an anti-poverty group called Raise the Rates was "who?"

"It should be mandatory for every MLA to go through what Brar is going through. How long do you think it would be before welfare rates, which actually went down in 2002 before they went up a bit in 2007, doubled?"

should be mandatory for every MLA to go through what Brar is going through. How long do you think it would be before welfare rates, which actually went down in 2002 before they went up a bit in 2007, doubled?

And what about all those reporters so breathlessly documenting the Trials of Jagrup? When was the last time they spent the night at a homeless shelter or talked to real poor people instead of just turning up at the nearest news conference about poverty?

And finally, what about me? I can think of a thousand reasons why I'm too busy to spend a month on welfare, away from family, friends and the fridge. My only consolation is that I have lots of company. No one else I know wants to do it either.

So I read Jagrup's blog. His unfiltered, unspun account of his day-to-day life on welfare is actually quite powerful, moving and surprising. If you thought welfare was easy street, read his blog and learn, starting with the 68-page application required just to get on the dole.

Just reading about it is tough. But it's a sure cure for cynicism. Visit mlaonwelfare.com.

It's easy to be cynical about Jagrup Brar, the MLA who has plunged into darkest Metro Vancouver like an anthropologist, exploring life on welfare, trailed by a long

Facility made possible by lemonade stands and million-dollar donations

NEWS WORTH SHARING

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Everyone needs a place to rest and re-energize, especially those supporting

sick loved ones.

That's why the opening of Jeneece Place in Victoria later this month is so important. The brand new facility will provide short-term accommodation and food for families of children receiving local medical care who would otherwise stay with relatives or in a hotel. The place, an initiative of Jeneece Edroff, an inspiring young woman who has raised millions for a vari-

ety of causes, is quite a feat, as it has been made possible with the help of the entire community. "From three gifts of \$1 million each to little children holding lemonade stands and donating birthday money, donations small and large have raised the money to build and operate Jeneece Place," says a representative. But more help will be needed to make the facility operate effectively.

"From cooking up a pot of soup, to putting together welcome bags for families," you can volunteer at Jeneece Place. Just call Christina at 250-479-9908.

● CRAIG AND MARC KIELBURGER

Help the good news get around. Send your stories of local heroes and positive action to goodnews@metoweb.com and we will share them right here.

Daily Zoom

Bambi meets his master



Eagle almost gets deer

SLOVAKIA. Is this bird friends with deer-chasing, viral hero Fenton the Dog? This golden eagle failed to catch this deer after the brave young doe managed to escape.

Photographer Milan Krasula said, "You have to be very lucky to get a good shot, as you cannot predict where the prey will be hiding."

● METRO WORLD NEWS

Eagle went for the bigger one

HUNT. The 30-year-old Krasula spent four days trying to get a great picture of the annual eagle hunt, where owners release their birds to hunt prey. "(One owner) did not see the little doe and had actually released the eagle to get another animal. Of course, the eagle went for the doe instead of the other prey," Krasula said.

● METRO WORLD NEWS

How the fawn made its escape

CHASE. While describing it as "an event of Mother Nature," Krasula was secretly rooting for the fawn and its quest to escape. "I think the life of the doe was saved by a nearby fence. It wanted to jump over it but was so frightened it only managed to slip underneath, giving the eagle no choice but to abandon the chase."

● METRO WORLD NEWS

5 A fully grown roe deer, at 30 kilograms, is five times heavier than a six-kilogram golden eagle. Still, the deer is the golden eagle's largest regular prey item. Cases exist of golden eagles killing calves. Eagles usually eat rabbits, squirrels, birds and large insects.



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2
scene

Box office



The Devil Inside has scared up a monstrous \$34.5 million opening weekend to help Hollywood exorcise its recent box-office demons. The surprise hit from Paramount Pictures debuted well above industry expectations. The Devil Inside bumped another Paramount hit, Mission: Impossible — Ghost Protocol, from the No. 1 spot to No. 2.

THE ASSOCIATED PRESS



Gerry Dee turns former teaching antics into CBC-TV sitcom

Keira's breakthrough

► Knightley talks about prepping for the role of a repressed psychiatric patient in *A Dangerous Method* ► How she battled her own psychological issue — a bad case of stage fright



RICHARD
CROUSE
SCENE@METRONEWS.CA

Since her 2002 breakout performance in *Bend It Like Beckham*, Keira Knightley has starred in 18 films, but it was only recently she realized something about her acting process.

"I suffer very badly from stage fright," she says.

"I didn't find it out until I had actually been on stage that that's what the feeling was.

"It's literally like having a wall in front of you. You know you have the ability to break through but for some reason you can't on that day.

"It's very strange that you can work as much as I do and still have a problem with that."

She has found a way to circumvent her fears, a method that came in handy while making her newest film *A Dangerous Method*, the story of the fathers of psychoanalysis, Carl Jung (played by Michael Fassbender) and Sigmund Freud (played by Viggo Mortensen), and Sabina Spielrein, the intelligent but troubled patient who causes a falling out between the men.

"I found only in the last few years that research helps," she says.

"As far as getting over that fear of stage fright I



► Keira Knightley says that preparation is the key to getting over her stage fright.

find that preparation is the key."

To play Spielrein, a woman wracked by tics and repression, Knightley threw herself into the exploration of the character.

"There was nothing that linked me to her," she says.

"I had no idea about it. So I phoned Christopher Hampton because he did the adaptation of *Atonement*, which I did a few years ago, and said, 'I'm going to do this, so help. Just help.'

"I went round to his house and thought he was

going to give me a talk for a couple of hours and give me all the answers but he just handed me a pile of books and said, 'Start reading. It's all in there.'

She eased her nerves with the research and further support was supplied during shooting by the

Viggo Mortensen
on research

► "With David (Cronenberg) I know I'm going to have a good time shooting and the movie is probably going to be really interesting and original. As is the case this time again. A lot of cases with other directors the shoot is maybe fraught with tension and disorder but the research period can always be interesting. I love that."

film's director, David Cronenberg.

"Sets... are very difficult creative spaces," she says, "and trying to get the space so you can use your imagination and get yourself so you are not frightened by however many hundreds of people are on the set is quite a difficult thing.

"What David does is entirely creative. As much as it is technical it is also creative, collaborative and everybody is incredibly respectful of each other.

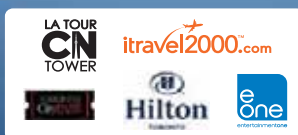
"He's a magician. He's absolutely extraordinary."

"What David (Cronenberg) does is entirely creative. ... He's a magician. He's absolutely extraordinary."

KEIRA KNIGHTLEY

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Crowe joins the republic

► Republic of Doyle's premiere features big star power
► Series creator talks about working with Russell Crowe on set

IAN JOHNSTON
SCENE@METRONews.CA

Republic of Doyle has pulled out all the stops for its third season premiere — nabbing big-time movie star Russell Crowe for a guest spot. And according to series creator/star Allan Hawco, Crowe did much more than merely show up for filming.

"Russell never half-does anything," says Hawco. "He worked for a real long time with me on the script. Months and months of emails. He was integral to the plot as it is now."

So why exactly did Crowe agree to play a mysterious bad guy in a little CBC detective series? Well, it seems that Great Big Sea singer Allan Doyle knows Crowe — having previously appeared with him in the film Robin Hood.

Indeed, the Republic of Doyle episode — airing Wednesday — also functions as a sly reunion for Robin Hood's merry band with not only Doyle and Crowe, but actors Scott Grimes and Kevin Durand.

"I was introduced to

Russell years ago by Alan, who has since become a very good friend," says Hawco. "He (Crowe) is just one of those guys who likes to use his position in the industry to help others along."

In the episode, Jake (Hawco) is framed for murder, leading to an encounter with a mysterious group of men (led by Crowe) whose own agenda is anything but clear. Despite the super star on set, Hawco says the shoot was business as usual.

"Having Russell around really didn't change anything on the shoot. Obviously we have a tight budget and schedule. But he never derailed us for a second. He was awesome in that way."

Now entering its third season, Republic of Doyle continues to grow in popularity around Canada — though finding fans has never been a problem in the city of St. John's.

"The people of St. John's have been there from day one," says Lynda Boyd, who plays Rose on the series.

"They stop you on the street and tell you they love it and how great it makes the city look. They see it as their show."

Trendy they're not

► Nickelback doesn't plan on changing their sound to suit the times

Nickelback has had a number of Top 40 hits over the years, and although today's pop scene is dominated by dance music, the band doesn't plan to shift gears to attain past radio success.

"We don't look at what all the popular artists are doing. We're not chasing Lady Gaga or Katy Perry or any of those guys. They're doing fabulous doing what they're doing, and we're just doing what we do, and that's it," lead singer Chad Kroeger said.

"Obviously, there isn't a person in the world that would say, 'You know Nickelback is so trendy.' And we're not. We don't care. We really just don't care."

The Canada-based act — which includes Kroeger's brother, Mike, on bass, guitarist Ryan Peake and drummer Daniel Adair — was named group of the decade by Billboard magazine and their 2001 breakthrough hit How You Remind Me was the decade's top rock song. Their bestselling album is 2005's All the Right Reasons, which has sold 8 million copies in the U.S.

Peake pokes fun at the state of contemporary pop music: "Unless some famous DJ wants to make a huge, Euro-pop smash

"We don't look at what all the popular artists are doing"

CHAD KROEGER

remix of our song! Call our label."

Nickelback's seventh release, Here and Now, recently debuted at No. 2 on the Billboard Top 200 albums chart. Chad Kroeger says the key to their success — or any band's success — is the love among its group members.

"Look around at your band members and make sure that you really like those people," he said.

"We can all name 1,000 bands, amazing bands, that haven't stood the test of time because they just couldn't get along."

Though happy with his band's career, Kroeger does have one regret.

"When I see the video for How You Remind Me, I just want to go back and beat myself up," the 37-year-old Kroeger said.

"My hair was like super long and I had this big goatee, and I shot that video when I was super young, but I looked like I was like 40 years old in the video ... I really wish I could go back and snip, give a little trim."

THE ASSOCIATED PRESS



► Nickelback frontman Chad Kroeger.

Republic of Doyle returns to TV Wednesday at 9 p.m. (ET) on CBC



► Republic of Doyle star/creator Allan Hawco says Russell Crowe was an easy person to work with.

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Say hello to the younger Young Hov'

Beyoncé Knowles and Jay-Z reportedly welcomed their daughter over the weekend, according to E! News.

The baby, named Blue Ivy Carter (although some

outlets are saying her name is Ivy Blue Carter), was delivered on a private floor of New York's Lenox Hill Hospital that the superstar couple had reportedly paid \$1.3 million to

rent out.

And while mom and baby recuperate, security is remaining high: Hospital workers have reportedly put tape over surveillance cameras, and employees'

mobile phones are being confiscated when they arrive for shifts, sources tell the New York Daily News.

There had to have been a musical motive to naming the child Blue (rhymes

with "Boo?").

While it's not likely the name was inspired by albums by Joni Mitchell or Weezer, we think that every time the girl does a cute drawing they can call

it The Blueprint and The Blueprint II after her dad's landmark albums.

Plus, it would have been too weird to name the girl Hova-ette.

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Sienna finally settles down

Sienna Miller has stopped her home-wrecking ways, it seems (remember when she allegedly broke up the marriage of Balthazar Getty?).

The actress and boyfriend Tom Sturridge are ready to get married and have a family, though which they'll do first isn't clear. Miller recently confirmed she's expecting her first child in June, and now word

comes that Sturridge popped the question during a recent vacation to Paris, according to Life & Style.

"They're engaged and really happy. Her family is happy, as they absolutely adore Tom," a source says.

"He filled their hotel suite at the Ritz with flowers and presented her with a vintage Victorian ring. It was incredibly romantic — she was blown away."



Sienna Miller

● METRO

Timberlake's granny spills the beans

ENGAGEMENT. While Justin Timberlake and Jessica Biel may not have confirmed their recent engagement, Timberlake's grandmother is happy to take care of that for him.

"Yes, Justin is engaged. Jessica is a very sweet girl, she's upright and everything and we love her," Sadie Bomar tells Radar Online.

"She's a wonderful campaigner for the environment and Justin is too, a fine young man. Jessica will be a lovely member of the family."

● METRO

Celebrity tweets



The world is our office



@kanyewest



@DENISE_RICHARDS

Lola is funny always writing #s down of products on tv..she wants me to order slushy magic..anyone try it?

Get your kids moving in 2012



► Turn off the television and get outside!

► **Stephanie Joanne, trainer of the Degrassi cast, shows how to get your child moving** ► **'Think of exercise for kids as simply moving their bodies', she says**



**HEATHER
BUCHAN**
LIFE@METRONews.ca

As a kid, you played Capture the Flag. Kids today are playing Call of Duty. The premise of each game is similar. The difference: One is done outdoors, and involves running and jumping and fake shooting...while the other requires a couch. And maybe a sugary soda, as an accessory.

It's an old story: kids don't get enough physical activity. What's scary is the new research that proves it: Here in Canada, for example (a country with a lot of outdoors), only nine per cent of boys and four per cent of girls meet the new Canadian Physical Activity Guidelines, which state

that children and youth should accumulate at least 60 minutes of moderate to vigorous intensity physical activity daily.

The impact of this trend is both immediate (the rise of childhood obesity and diabetes is alarming) and life-long (lifestyle patterns start young and inactive kids generally turn into inactive adults).

So how can you get your kids off the couch this New Year? "Exercise for kids doesn't mean hitting the treadmill," explains Stephanie Joanne, who is currently training the cast of the hit high school series Degrassi, including stars Jessica Tyler and Raymond Ablack. Simply running around playing hide-and-seek or kicking around a

ball shouldn't be viewed as frivolous.

Simple daily physical activity like this improves stamina, agility, strength and coordination in kids.

"Think of exercise for kids as simply moving their bodies. Let them decide how they want to be physically active. Maybe it's throwing a Frisbee, joining a sports team, joining a dance class or simply jumping on a trampoline."

Joanne, also an Extreme Fitness personal trainer, recommends exposing children to as many different forms of activity as possible. "This way, they can choose which ones they enjoy," she says. One easy way to get kids moving around is through dance.

"It's much more effective

They follow you

► According to the Active Healthy Kids Canada, children who receive greater parental support for physical activity, and who have parents who rate physical activity as highly enjoyable, are more likely to engage in one or more hours of physical activity a day.

tive to tell kids to dance to their favourite songs than to ask them to stay on cardio equipment," she says, adding, "If they don't like dancing, they can skip to their favourite songs."

And if your little ones are technology obsessed, replace Call of Duty with games that require users to get up and move around.

Tips

**THIS YEAR,
GET YOUR
KIDS OFF
THE
COUCH**

**STEPHANIE
JOANNE**
EXTREME FITNESS
PERSONAL TRAINER



1 Lead by example. Be a positive role model. Don't expect your kids to do

something you're not doing. Find activities you can enjoy together and commit to fitness for your family.

2 Create active habits.

Walk with your kids to school, do active chores together or get active by volunteering. Create routines early on that require your kids to be active. When it becomes normal to not move and just sit in front of the TV, it becomes harder to break those habits later on.

3 Get a dog.

A family dog is a great way to guarantee some activity in the home. The dog must be walked and it holds kids accountable to making the daily commitment to getting out and walking.

3

life

Twins take over



More U.S. women are having twins these days.

Health officials say one in every 30 babies is a twin.

That's a huge increase over the past 30 years.

In 1980, only one in 53 newborns was a twin.

Experts attribute the jump mainly to medical treatments and procedures that help infertile couples.

But they note that there are more older moms today.

For some reason, women in their late 30s have twins at a higher rate.

The Centers for Disease Control and Prevention released the twins report on Wednesday.

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Earlier diagnosis of dementia would have been beneficial, caregiver survey finds

Spice up those healthy greens

► With its tuna chunks, this salad is hearty enough for a filling lunch

DINNER EXPRESS

EMILY RICHARDS

FOOD@METRONEWS.CA



With cold winter days and nights upon us, crisp bright salad is perfect for a look ahead to spring.

Preparation:

1 In skillet, heat oil over medium low heat. Add pepper and garlic. Cook, stirring 1 min. or until

Ingredients:

- 3 tbsp (45 mL) extra virgin olive oil
- 1 jalapeno pepper, seeded and minced
- 1 large clove garlic, minced

Spicy Oil-Dressed Tuna & Greens



► This recipe serves four.

fragrant. Let cool slightly. Whisk in vinegar, salt.

2 In large bowl, combine greens, tomatoes, onion,

- sliced red onion
- Half green pepper, thinly sliced (optional)
- 2 tbsp (25 mL) each chopped fresh chives and Italian parsley
- 2 cans (170 g each) chunk light tuna in water, drained

pepper, if using, chives and parsley. Divide among 4 plates. Top each with tuna and drizzle with dressing before serving.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Rose Reisman's Swap It

If you're going to eat a frozen dinner, be careful with your choice. For example, white rice raises your blood sugar quickly then crashes it, making you hungry again.

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Is there such a thing as natural deodorant that doesn't contain carcinogens and isn't too expensive? *Mansour of Toronto*

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA



Yes. There are safer products that don't contain ingredients linked to the "C" word.

Be prepared for a steeper price tag. Eco-friendly deodorants will run you about \$7 a stick. And you might need to try two or three before landing a brand that works for your body chemistry. I suggest asking stores for samples or buying the travel-size so you can test and review.

Either way, replacing your personal-care products with safer alternatives is a worthwhile endeavour.

For nontoxic pit sticks, shop for products without

parfum (or fragrance), siloxanes and PEGs.

These were the three most commonly found ingredients in deodorant antiperspirants when the David Suzuki Foundation asked Canadians "Are the Dirty Dozen in your products?"

The concern with PEGs is contamination with 1,4-dioxane. The International Agency for Research on Cancer calls 1,4-dioxane a possible human carcinogen. It's also persistent, which means it doesn't readily break down in the environment. This increases potential for exposure.

Try the online Skin Deep Cosmetics Database, which ranks and rates more than 69,000 products from shampoo to baby butt balm.

Or, in 15 minutes, you can make your own Queen of Green Don't Sweat It Deodorant Balm. Into a glass

jar, add one tablespoon each of grated beeswax, coconut oil, shea or cocoa butter, and melt it in the microwave. Then, stir in one tablespoon of baking soda and cornstarch. Finally, add five drops of lemon essential oil. Let cool and store in an air-tight container. To apply, add a pea-sized amount under each arm, which will melt with your body heat!



New year, new look and a new life

► With a job on the horizon, cancer on the back burner and a positive outlook, Lisa is ready to take on the world

TURNING POINT

TERESA KRUIZE
LIFE@METRONews.ca



It's a new year and new beginning for Metro's Makeover Contest winner Lisa

Airst.

The cancer survivor is about to start a new job as an educator with an organization that manages homes for people with mental health issues, and Lisa says the contest played a huge role in securing her new job.

"I believe I was determined before but sometimes I gave up. Sandy at NEXCareer didn't give up on me. I learned to be even more determined and persistent."

Lisa's new wardrobe from Danier, the notebook from TechDirect, the Blackberry with phone service from WIND Mobile and mentoring from Robin Sharma International and eBrandsers all

"I'm in remission and flying high. I feel positive about the future because I persisted right to the end and I didn't give up."

LISA AIRST, METRO'S TURNING POINT MAKEOVER CONTEST WINNER



► Lisa Airst after a makeover courtesy of Donato Salon and Spa.

helped put her on the path to success.

She recently went to Donato Salon and Spa, and as you can see from her photo she has a beautiful new look to go along with her new job and outlook on life.

"I had a follow-up with my surgeon. I'm in remission and flying high. I feel positive about the future because I persisted right to the end and I didn't give up."

From all of us at Metro News, Congratulations Lisa!



SCOTT KENNELLY

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► Denver QB Tim Tebow prepares to throw the game-winning touchdown to Demaryius Thomas on Sunday.

A magic pass in
the Mile High City

► Tebow's 80-yard passing TD in OT lifts Denver over Pittsburgh



BRONCOS



STEELERS

One of the most storied NFL playoff teams ran into a rejuvenated Tim Tebow and the Denver Broncos.

Sorry, Pittsburgh Steelers.

The magic is back.

Tebow connected with Demaryius Thomas on an electrifying 80-yard touchdown pass on the first play of overtime and the Broncos defeated the stunned Steelers 29-23 in the AFC wild-card game on Sunday. Wild doesn't begin to describe it. The play took 11 seconds and was the quickest ending to an overtime in NFL history.

Thomas hauled in a high

Giants win



Eli Manning threw three touchdown passes to lead the New York Giants to a 24-2 win over the Atlanta Falcons in an NFC wild-card game Sunday.

play-action pass at the Denver 38, stiff-armed Ike Taylor and then outraced Ryan Mundy to the end zone. Tebow, who looked as startled as everyone else, chased down Thomas and knelt on one knee — a gesture known far and wide these days as Tebowing. Then he pounded a fist in triumph and took a

► Manning connected with Hakeem Nicks for a 72-yard TD and Mario Manningham on a 27-yard toss as the Giants (10-7) pulled away from the inept Falcons (10-7) in the second half.

► He also threw a four-yard TD pass to Nicks in the first half, which came after the quarterback scrambled 14 yards to spark the 85-yard drive.

► The Giants travel to Green Bay next Sunday to play the defending Super Bowl champion Packers (15-1), who beat them 38-35 in December.

victory lap.

"When I saw him scoring, first of all, I just thought, 'Thank you, Lord,'" Tebow said. "Then, I was running pretty fast, chasing him — like I can catch up to D.T! Then I just jumped into the stands, first time I've done that. That was fun. Then, got on a knee and thanked the

Lord again and tried to celebrate with my teammates and the fans."

Prodded by John Elway to let the ball fly, Tebow acted as if the last three weeks never happened, lifting the Broncos to their first playoff win in six years.

Behind Tebow's 316 yards passing, the Broncos (9-8) are heading to New England for a second-round game against the top-seeded Patriots on Saturday night. And, unlike Elway, who lost his first post-season start — to the Steelers at home in 1984 — Tebow is 1-0 in the playoffs.

"We're just a fighting team. A lot of resilience," Broncos cornerback Champ Bailey said. "In any adverse situation, we'll find a way to get out of it. Everybody says we backed into the playoffs, we're in. We did something right along the way. We're in it. We won a game. Now, we've got to go try to win another one."

THE ASSOCIATED PRESS

Raonic
wins
in India

Canada's Milos Raonic had to work for his second career ATP title.

The 21-year-old from Thornhill, Ont., beat top-seeded Janko Tipsarevic of Serbia 6-7 (4), 7-6 (4), 7-6 (4) in a serve-dominated final of the Chennai Open on Sunday in India.

Fourth-seeded Raonic hit 35 aces in a marathon match that lasted three hours 16 minutes and didn't feature a break of serve.

"It is an awesome feeling," said Raonic, who won all 48 of his service games during the week to become the first player to win a tournament without dropping serve since Swiss star Roger Federer at the 2008 grass-court tournament in Halle.

Raonic dropped only four points on serve in the first set and had four chances to break in the fourth game before Tipsarevic stole it on a tiebreaker.

"Tipsarevic took it away in the first set," Raonic said. "But I took my opportunities in the second and third."

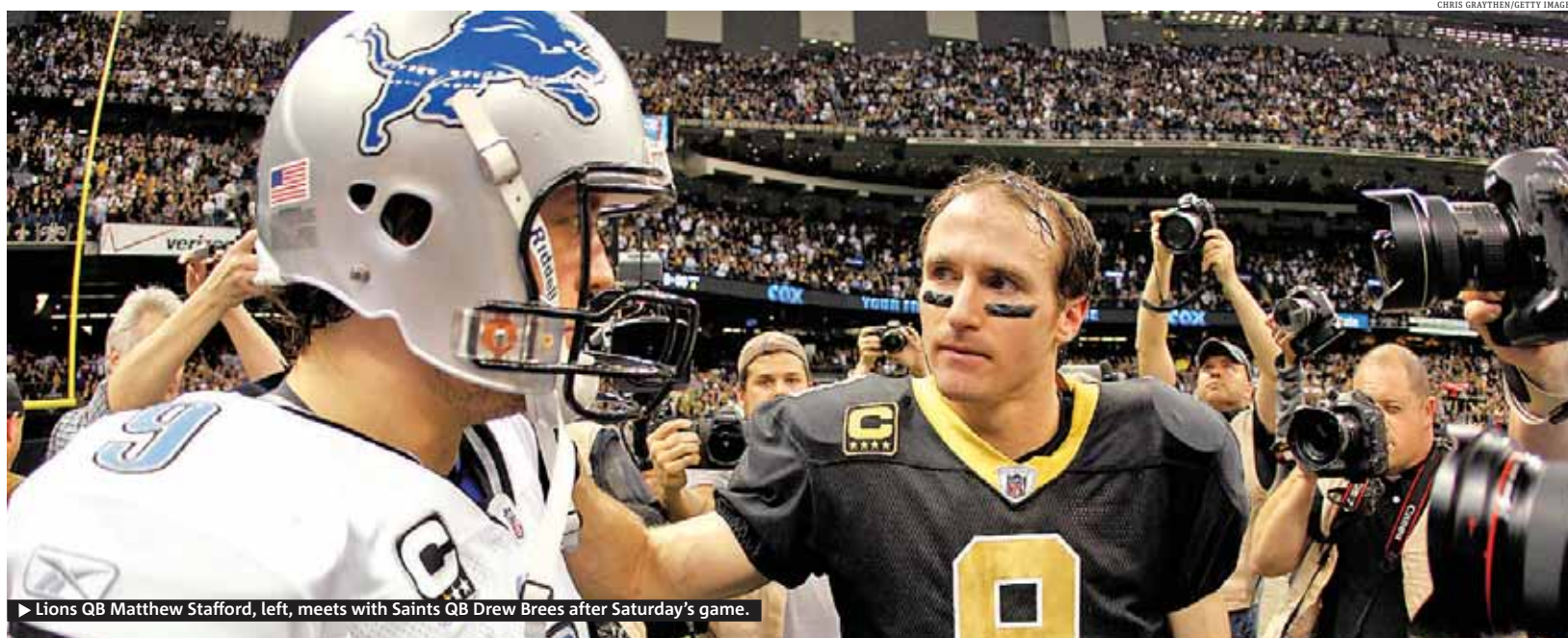
Raonic established a 4-1 lead in the second-set tiebreaker before levelling the match on his second set point. He had to save break points early in the decider but dominated the tiebreaker with his serve.

The Canadian is 2-1 in ATP World Tour finals, claiming his first title in San Jose last February. He followed that up by finishing runner-up to American Andy Roddick in Memphis a week later.

THE ASSOCIATED PRESS

**"My serve is a big factor in my game ... in 99 per cent of my matches. My job is to take care of my serve."**

MILOS RAONIC



► Lions QB Matthew Stafford, left, meets with Saints QB Drew Brees after Saturday's game.

A turning point for Detroit

► Lions have taken step forward despite loss to Saints, ending playoff drought ► 'We need to win our division'

The Detroit Lions have taken a leap forward by ending an 11-season playoff drought. They have work to do on defence if they want to make it beyond the first round.

All their deficiencies showed up when the Lions gave up an NFL post-season-record 626 yards to New Orleans in a 45-28 NFC wild-card loss Saturday night.

"A loss like this makes us want to return to the playoffs even more," defensive end Kyle Vanden Bosch said. "It will be no surprise to everyone when the Detroit Lions start to make the playoffs each and every year."

The Lions, though, will have to figure out a way to improve their roster enough to stop good teams from piling up points and yards. They allowed an average of 122 yards rushing and 312 yards passing in six losses to playoff teams — two times to both Green Bay and New Orleans, and once to San Francisco and Atlanta.

Detroit slipped to the unfavourable matchup against the Saints after losing the regular-season finale by allowing Green Bay's backup Matt Flynn to throw for 480 yards and six touchdowns.

Instead of beating the Packers, who were without some of their best players, to face the New York Giants and perhaps have a better shot of winning a playoff game for the second time since 1957, the Lions were double-digit underdogs at New Orleans.

"We learned that we need to win our division so the next time we can have a home game and benefit from our home crowd like the Saints did," quarterback Matthew Stafford said.

"That's a huge difference."

Stafford's goal has a huge obstacle: Green Bay isn't leaving the NFC North.

Detroit coach Jim Schwartz wasn't in the mood to reflect on the season after it ended in New Orleans, but he's expected to Monday.

Three seasons after sealing NFL infamy as the only 0-16 team, the Lions have plenty of building blocks to become consistently competitive.

"We're going to be around for a while," said kicker Jason Hanson after completing his 20th season with the Lions.

Stafford threw for 5,418 yards with 44 TDs — 18 to Calvin Johnson — and 18 interceptions in 17 games that provided hope for a

franchise that has desperately needed it at quarterback.

Johnson earned All-Pro honours for the first time with a league-best 1,681 yards receiving. He followed up with 211 yards receiving against New Orleans, setting a league record for a player in his playoff debut and perhaps made his contract extension this off-season even more lucrative. He will be entering the final season of the deal he signed as the No. 2 pick overall in the 2007 draft.

Johnson flourished because Stafford stayed healthy after being hampered by injuries his first two seasons.

The Lions, on both sides of the ball, need running backs Jahvid Best and Mikel Leshoure to bounce back in 2012 because their absence led to the Lions ranking 29th in the league in rushing offence. Best, a first-round pick two years ago, played six games before going on injured reserve with a third concussion. Leshoure, a second-round rookie, hasn't played a snap because he tore his left Achilles tendon in training camp.

General manager Martin Mayhew, Schwartz and scouts will likely be search-

ing for players who can help the defence improve after it ranked 23rd against the run and 22nd against the pass in the regular season.

Ndamukong Suh's production slipped with four sacks after having 10 as a rookie and his reputation took a hit by stomping on a Green

Bay lineman's arm and getting suspended for two games. Suh will have a better chance of getting to quarterback again next season if defensive end Cliff Avril, who had a career-high 11 sacks, isn't lost in free agency.

The secondary, other than safety Louis Delmas, might get a makeover because Brees and Flynn averaged 473 yards passing in the last two losses to expose a serious problem.

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Nash drops 17 dimes as Suns blast Bucks

► Victoria native's 10 assists in 1st quarter just 2 shy of his franchise record

Thunder for 3

Oklahoma City became the first team to win three games in three nights during the NBA's condensed schedule this season, and they managed to make it look easy.

► Kevin Durant had 21 points and 10 rebounds, reserve James Harden scored 20 and the Thunder rested their starters throughout the fourth quarter in a 108-96 victory against the San Antonio Spurs on Sunday.

► The Thunder also beat the Rockets 109-94 at home on Friday and 98-95 in Houston on Saturday.

The Suns have dominated the Milwaukee Bucks in Phoenix for almost a quarter of a century. Sunday night was more of the same.

Short-handed and weary at the end of an 0-5 road trip, the Bucks were ripe for a rout, and that's exactly what happened. Steve Nash had 17 assists and 10 points in 27 minutes and the Suns rolled to a 109-93 victory over a Milwaukee team missing four players.

The Suns beat the Bucks in Phoenix for the 24th consecutive time, the NBA's second-longest active streak behind San Antonio's 27 wins in a row at home over Golden State.

"It is taking us some time and I think you could have predicted that, but I think we are getting better."

STEVE NASH ON PHOENIX'S SLOW START TO THE SEASON

Nash had the Phoenix offence clicking from the start. And with the Suns shooting 62 per cent through three quarters (58 per cent overall), the assists mounted for the 37-year-old two-time MVP point guard.

"Steve is doing Steve, man," teammate Channing Frye said. "Everybody said, 'Aw, he looks old and he

needs to this or that.' You can't say nothing about him. He gets the job done."

Marcin Gortat scored 18 points on 9-of-10 shooting to lead the Suns. Frye came out of a shooting slump to go 6 of 7, making all four 3-point tries, and finished with 16 points. Seven players, including all five starters, reached double figures for the Suns.

Nash said the Suns are beginning to find their rhythm.

"We are making open shots. We are also getting a little better pace and tempo throughout the game, a little bit of cohesion," he said.

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► Milwaukee Bucks guard Brandon Jennings chases Suns guard Steve Nash in Phoenix on Sunday night.

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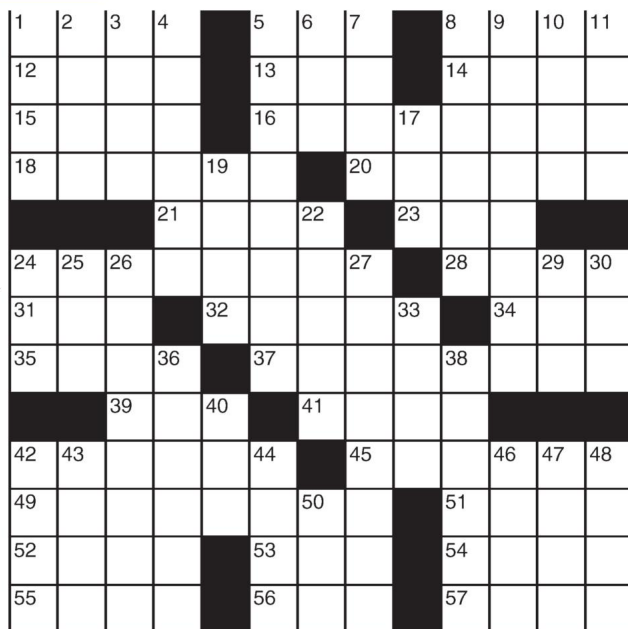
Crossword

Across

- 1 Study hard
5 Unruly group
8 Oscar-winner
Kedrova
12 Get up
13 Yoko of music
14 Soon, in verse
15 "Zounds!"
16 Obama, e.g.
18 Elk
20 Alternative to box-
ers
21 Sidewalk eatery
23 Wager
24 Turn to rubble
28 Discourteous
31 Anger
32 Admit
34 Capek play
35 Obi, for example
37 Outward behav-
iour
39 Work on the
soundtrack
41 Roof overhang
42 Slowly, in music
45 Duration
49 Insanity
51 Continental coin
52 Pub orders
53 Wall-climbing
plant
54 War god
55 Fine spray
56 Caribbean or Coral
57 Fat

Down

- 1 Ship's staff
2 Latvia's capital
3 Pronto, on a memo
4 Physician
5 Adapted

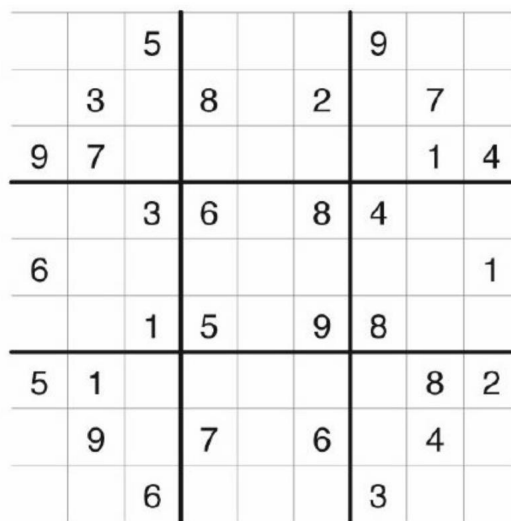


- 6 Individual
7 Flop on stage
8 More frilly
9 As part of an ex-
change
10 Bread unit
11 Picnic invaders
17 Sphere
19 Lofty
22 Cosmetician
Lauder
24 Insult (SL)
25 Historic time
26 Partners of
messieurs
27 Everest, e.g.
29 Twosome
30 Blunder
33 Actress Campbell
36 Least minuscule
38 Virgil hero
40 Crib
42 Leading man?
43 Sandwich shop
44 Elevator name
46 Mentor
47 Genealogy chart
48 Emcee
50 "— been had!"

► Friday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ►

2	4	8	3	9	6	5	1	7
6	9	7	1	5	8	2	4	3
5	1	3	2	7	4	8	9	6
8	2	6	4	3	9	7	5	1
9	5	1	6	8	7	4	3	2
3	7	4	5	2	1	6	8	9
4	6	5	9	1	2	3	7	8
1	8	2	7	4	3	9	6	5
7	3	9	8	6	5	1	2	4

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

*Jacob G,
Hey Babe, you light up the
night sky and you brighten
my day. it's amazing how
someone could love some-
one so much. each day
that we're together i cher-
ish because i love you till
death do us part.*

YOUR WIFE!

*you, Believe it! it's a rose
you will get a sweetie not
too long.*

FROM ME

*you, Well I really hope rose
is who i'm hoping he
is...then i'll be very happy.
It couldn't hurt to be
direct, not easy for me
either believe it or not...*

FROM ME

*him, ;) wanna see u! wan-
na see me? ;) allz yah got-
sa do is dial em digits... oh
happy day! ;)*

HER

Today's horoscope

♈ Aries March 21-April 20 You won't hesitate to speak your mind today, but be careful what you say to loved ones.

♉ Taurus April 21-May 21 Don't focus on trivial issues when there are so many big things that need to be dealt with.

♊ Gemini May 22-June 21 A risk that pays off in the short-term could cause you serious financial problems in the long-term.

♋ Cancer June 22-July 22 Someone will let you down today and you won't be too happy about it. However, if you think about it rationally you will realize that it was your fault for trusting them in the

first place.

♌ Leo July 23-Aug. 23 Try not to let your imagination get the better of you over the next 24 hours.

♍ Virgo Aug. 24- Sept. 22 A positive outlook will most likely yield constructive results.

♎ Libra Sept. 23-Oct. 23

Today's full moon suggests there will be a clash of egos.

♏ Scorpio Oct. 24-Nov. 22 You will lock horns (or trade stings) with someone whose views are the opposite of your own today.

♐ Sagittarius Nov. 23-Dec. 21 You will find yourself up against an opponent who is every bit as determined as you are today.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♑ Capricorn Dec. 22-Jan. 20

Be careful what you say today because the full moon in your opposite sign could so easily encourage you to say too much.

♒ Aquarius Jan. 21-Feb. 18

Friends and colleagues will tell you what you want to hear today rather than what you need to hear. But you don't need anyone to tell you that you are doing too much.

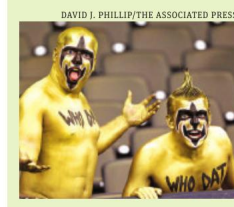
♓ Pisces Feb. 19-March 20.

You may believe that if you hesitate you will miss out on a golden opportunity, and you may be right. But it's just as likely that you will act too soon and make a serious mistake. **SALLY BROMPTON**

Caption contest



"What with the markets, I'm just trying to keep my head above water." IAN



You write it!

WIN! Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Monday's Metro.

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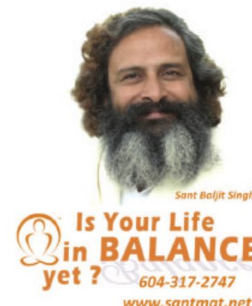
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